

Citation for published version:

Gonzalez, JT, Rumbold, PLS & Stevenson, EJ 2012, 'Effect of calcium intake on fat oxidation in adults: a meta-analysis of randomized, controlled trials', *Obesity Reviews*, vol. 13, no. 10, pp. 848-857.
<https://doi.org/10.1111/j.1467-789X.2012.01013.x>

DOI:

[10.1111/j.1467-789X.2012.01013.x](https://doi.org/10.1111/j.1467-789X.2012.01013.x)

Publication date:

2012

Document Version

Peer reviewed version

[Link to publication](#)

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Table 1. Characteristics of chronic studies included in the analyses

First author (year)	Age	n =	Habitual Ca ²⁺ intake (mg·d ⁻¹)	BMI (kg·m ²)	Sex	Type of study	Intervention period	Measurement period	Subgroup	Condition	Ca ²⁺ intake (mg·d ⁻¹)	Outcome
Boon <i>et al.</i> 2005	28	12	1027	25.2	M	Randomised, crossover.	7 d	24 h	-	CN Ca ²⁺ DA	350 1250 1250	No effect on FO (<i>P</i> > 0.05).
Boon <i>et al.</i> 2007	28	10	1183	24.1	5 M, 5 F	Randomised, crossover.	7 d	45 min	-	CN Ca ²⁺ DA1 DA2	400 1200 1200 2500	No effect on FO (<i>P</i> > 0.05).
Bortolotti <i>et al.</i> 2008	22	10	586	28.5	3 M, 7 F	Randomised, placebo-controlled, crossover.	5 wk	7 h	-	PL Ca ²⁺	586 986	No effect on FO (<i>P</i> > 0.05).
Gunther <i>et al.</i> 2005	20	10	643	20.2	F	Randomised, parallel.	1 y	4 h	Low-calcium meal	CN DA	673 1057	DA had greater change in FO vs. CN (0.095 g·min ⁻¹ ; <i>P</i> < 0.001) DA produced greater change in FO vs. CN (0.06 g·min ⁻¹ ; <i>P</i> < 0.05).
	19	9	663	24.0					High-calcium meal	CN DA	673 1057	
Melanson <i>et al.</i> 2005	34	19	1101	27.5	10 M, 9 F	Randomised, crossover.	7 d	24 h	Energy balance Energy deficit	CN DA CN DA	512 1421 523 1414	No effect on FO (<i>P</i> > 0.05). DA increased FO by 30 g·d ⁻¹ (<i>P</i> = 0.02).
Teegarden <i>et al.</i> 2008	23	9	690	28.8	F	Randomised, placebo-controlled, parallel.	12 wk	4 h	-	PL	497	CA increased FO by 1.5 g·h ⁻¹ (<i>P</i> = 0.02).
	22	6	592	27.1						Ca ²⁺	1314	
	21	9	688	27.2						DA	1273	